Nation

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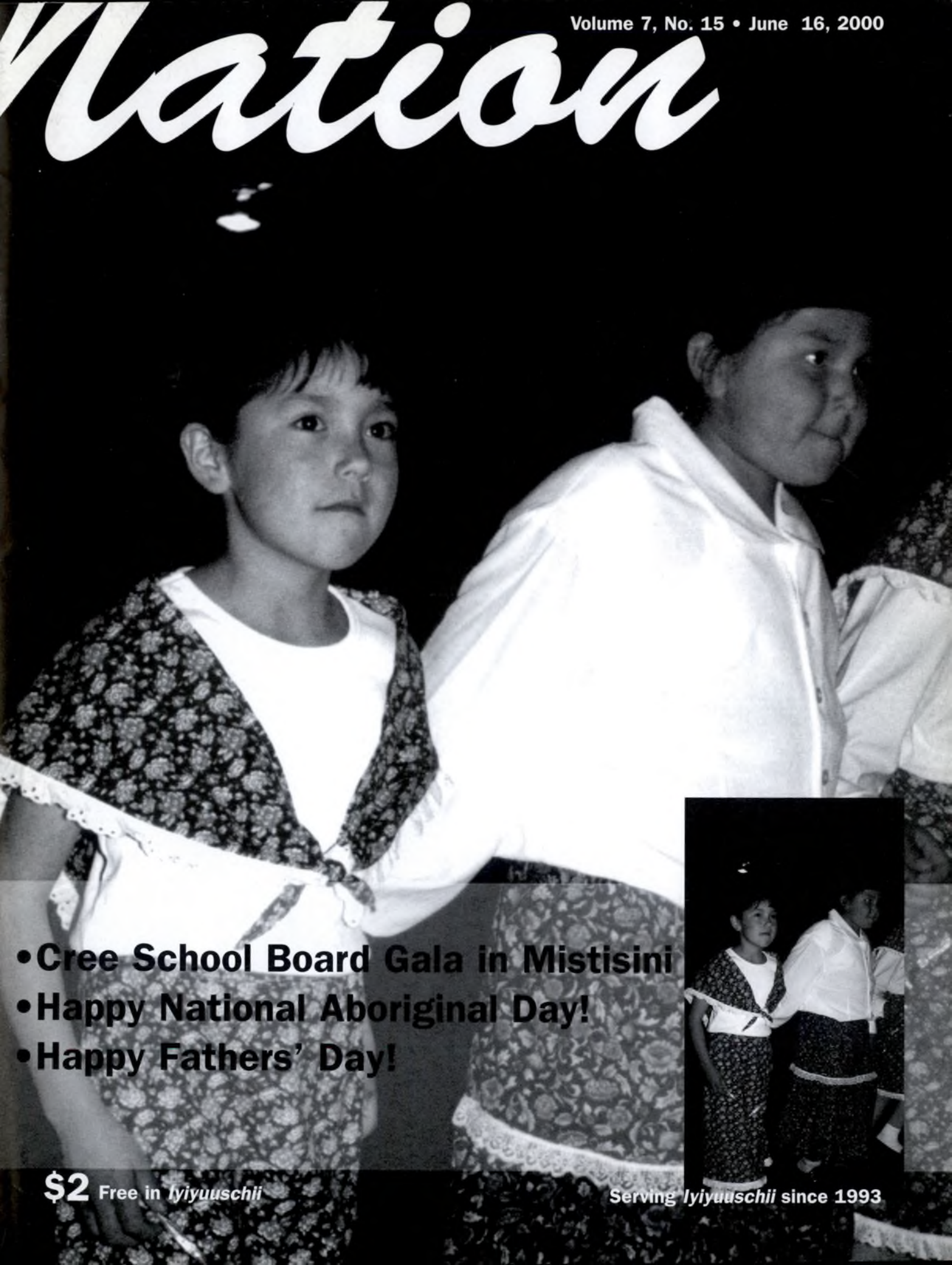

- Cree School Board Gala in Mistisini
- Happy National Aboriginal Day!
- Happy Fathers' Day!

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THE SOLUTION TO DIABETES LIES WITH THE PEOPLE

The Cree Diabetes Network was formed in 1997 to address diabetes in Eeyou Istchee. In line with the National Aboriginal Diabetes Association, we want to create networks and opportunities for individuals and communities within our culture, traditions and values. Anyone is welcome to join.

Today, many people are aware of the diabetes epidemic affecting our communities. This is an epidemic that is affecting the Indigenous Peoples of many countries, including Canada, the USA, New Zealand, Australia, the South Pacific Islands and others. In our communities of the Eastern James Bay Cree Nation, Eeyou Istchee, 10.3% of persons 15 years of age and older had been diagnosed with diabetes type 2 by May, 1999. This compares to 2.5% for the rest of Canada. These figures only include people who know they have diabetes. In most studies, when you check everybody in a community for diabetes, you find that the number of people diagnosed with diabetes doubles. So, in Eeyou Istchee, the true number of people diagnosed with diabetes could be as high as 20%, one of the highest in the world.

I constantly think of what may be bringing this epidemic to our communities and what the solution may be.

My experience as a physician living in Chisasibi has led me through different stages in what I think are the main factors related to the prevention and control of diabetes.

-In medical training, the emphasis was on medications: pills to lower sugar and insulin injections.

-As I started my clinical practice in Chisasibi, I observed that full doses of pills and insulin alone only worked well on some people. I started thinking that the solution must lay in adequate nutrition and physical activity. In fact, these were shown to be effective in a large study in the United Kingdom; however the intervention only lasted for 3 months, so after a year, the participants' blood tests were back to what they were before the intervention; the pharmaceutical industry then claimed that physical activity and nutrition interventions did not work, but this is like saying that a pill doesn't work after a year, when you have only taken it for 3 months.

-For lack of resources, we have not been able to provide the best conditions for people to have optimal nutritional intake and physical activity to prevent and control diabetes. However, as I started to talk more in depth to people with extremely high blood sugar levels that they felt unable to control, they all had one thing in common: severe stress in their lives. So my focus then turned to the role of stress in diabetes type 2, an area that is under-recognized in the medical world and for which there is little research done.

-Why would there be such high levels of stress? I participated in the World Health Organization's International Consultation on the Health of Indigenous Peoples in November of 1999. There, Indigenous Peoples and health experts from around the world declared that the issues of oppression, lack of self-determination and loss of control over one's life are very important causes of chronic stress and chronic disease. It is interesting to note that there is only one place in the world where the rate of diabetes is decreasing. In Nauru, an island in the South Pacific, diabetes rates started to decrease 20 years ago. They also gained independence from the USA 20 years ago. I do not believe that this is a coincidence.

Of course, the genetic component is a factor, and a gene has been identified in the Cree-Ojibway community of Sandy Lake, Ontario that is associated with a larger incidence of diabetes. But to blame it all on genes is to ignore that in our territory, before the construction of the James Bay Hydroelectric projects in the late 1970's, there were only 3 people diagnosed with type 2 diabetes. By May of 1999, there were 821. People had the same genes in 1975 and in 1999. What may have changed is how much control people feel they have over their own lives. Granted, the diet and physical activity also changed, but I wonder if the changes in the levels of chronic stress weren't a lot greater? This is an area that requires more participatory, community-based research, because the people know what the problem is and are more likely to find the right solution themselves. If the link between Oppression, Chronic Stress and Diabetes Type 2 is better documented, it will be more difficult for governments and large resource-extracting corporations to continue to deny the terrible health impacts of their policies and projects. My personal belief is that we will only see decreasing rates of diabetes in Eeyou Istchee when the people of Eeyou Istchee will have increased control over their land, resources and lives in general.

All Community Members are invited to join us for Sadie's Walk on June 19, to support those of us who live with diabetes.

Robert Harris, MD MPH CCFP

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ON THE COVER

Square Dancing at CSB Celebration

Photographer: Will Nicholls

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UN REZ not by Ndiamon NOTES

Back Again

-Will Nicholls

Well, it doesn't seem so long ago I said I was taking a break from writing. Due to phone calls and people talking to me it looks like I'll be writing again in addition to my new duties. I'd like to thank all of you who took the time to talk me about my writing and how you felt about it and the Nation. I appreciate comments, suggestions, ideas and just about any form of input... even criticisms believe it or not. Everything goes into trying to deliver a news magazine that reflects the Cree Nation. It's nice to know we're doing a good job and to find out where we need to improve or add something that you the reader wants.

Don't be afraid to contact us, we're very open here at the Nation. In future issues you may find some changes. For instance, Neil has agreed to do a sports section. It'll be one or two pages long. I've sent faxes to all the recreation directors asking them to submit scores so we include them in the Nation. I've asked even for the little league scores. So if you don't see your community's scores in the paper I'd like you to give us a hand if possible. Just go and talk to the people keeping score and ask them to fax it us or even do it yourself. We'll thank you for it. If you have suggestions for a profile on some person that involved in sports whether it's a volunteer, coach, player, fan or a participant that you think should be acknowledged/profiled, please give us a call at 514-272-3077 and ask for me or Neil.

Along with sales, that's one of the things I'm currently working on these days.

I'm not the only one who's doing more these days. Along the coast people must have noticed Ernie and Neil filming. Yep, that's right, we've expanded into the film and television arena. Ernie and Neil were shooting "Cree Spoken Here," a film about the Cree language and such. I'll leave it to them to promote when they've finished it.

Well, I've gone on so long that this editorial space is nearly filled up. I almost didn't get a chance to congratulate the boys working on the Cree forestry issue. The Home Depot news certainly looks good. I hope everyone will make the Home Depot people feel good when they come up to Eeyou Istchee. They've agreed to come up and experience some Cree hospitality this summer. When we get the dates we'll let you know. Of course Quebec's response was what we expected. Quebec has allocated more clear-cutting and plans to have companies cut to the maximum or they'll give it to someone who will. However, Premier Lucian Bouchard will meet with Grand Chief Ted Moses on June 22nd. It wasn't a result of the Home Depot trip says the premier's office. On June 7th, the Grand Council/Cree Regional Board meeting saw Cree leadership pass a resolution to take the forestry court case all the way to the Canadian Supreme Court if they have to. Perhaps the meeting with the Premier will see a change in the forestry situation. Perhaps trappers will not have to deal with the clear-cut devastation that they've had to put up with. Perhaps pigs will fly someday too! Hey, I'm not just being sarcastic. The genetic manipulation techniques are getting stranger and stranger. Now if only we could find the gene that makes mutual respect between two peoples possible then the world would be a better place.....

Ed Note: Rez Notes will appear in the next issue if we have to hunt down and Trap the writer. We hear he`s in the woods somewhere in Eeyou Istchee getting the goods on various trappers.

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Nation

AFN "has been bought": Coon Come

Matthew Coon Come is running for National Chief of the Assembly of First Nations on a platform that's certain to put some noses out of joint.

He says the AFN "has been bought" and is failing to give First Nations a voice in Canada. He says the group needs new strategies to advance Native interests.

And he says he supports changing the AFN's election rules to make the National Chief elected by the people, not just the chiefs.

The next National Chief will be elected on July 12 in Ottawa by the AFN's 633 member chiefs.

"I believe there is no voice," said Coon Come in an interview from Saskatchewan, where he was meeting with the province's chiefs.

"I get asked the question, did we agree to be silent? When did we decide we would not speak out on our issues? There is a social time-bomb out there that warrants a real voice that's lacking across Canada," he said.

He said Native people are frustrated with the AFN: "There is a large group of First Nations people who are saying there is no voice, that the AFN has been bought and is siding with the government. It's very clear there are questions about the way the AFN has behaved."

Coon Come was elected as Grand Chief of the Quebec Crees at age 31. He held the job for 12 years. Before that, he was chief in Mistissini and helped implement the 1975 James Bay and Northern Quebec Agreement.

He was born and raised in the bush until the age of 6, when he was taken to a residential school.

Apart from waging a successful international campaign to stop the Great Whale hydro-electric project, Coon Come was also known for his stand during the Quebec sovereignty debate in defense of the right of First Nations to decide for themselves whether to follow the province out of Canada.

He was also active at the United Nations working to strengthen international indigenous rights.

Coon Come has received many honours and awards, including an honourary doctorate from Trent University, where he studied as a young man, and a National Aboriginal Achievement Award for his work on environmental issues. Married with five children, he also has a black belt in karate.

Coon Come said he'd make Aboriginal rights a priority at the AFN, instead of just focusing on delivery of services and programs.

"Just receiving programs and services for our people is an acceptance of administering your own poverty. You don't have a say in the policy that's being applied to you," he said.

Coon Come also said he'd take the government to task on problems like housing shortages, resource destruction, ignored treaties, unemployment, suicide and other social issues.

Creative new strategies are needed to advance First Nations interests, he added. "It is a form of insanity to continue doing the same thing over and over again, and expect different results."

by Alex Roslin

Blacksmith, Herodier enter run-off vote

Kenny Blacksmith and Mabel Herodier will be going head-to-head in a June 15 run-off election for chair of the Cree School Board.

In the first round of voting, held June 2, Blacksmith got 475 votes out of the 1772 cast, or 27 percent. Herodier got 446 votes, or 25 percent.

The other three candidates were Kathleen Wootton (313 votes), George Blacksmith (290) and Luke MacLeod (248).

Under the election rules, the winner has to receive 50 percent of the votes. If no one gets that number in the first round, the two top candidates go at it in a run-off.

See page 10 for interviews with Blacksmith and Herodier.

Home Depot pledges support to Crees

The world's biggest lumber retailer has offered its support to the Crees and will come to Iyiyuuschii to examine logging operations, reports The Montreal Gazette.

"We appreciate your concerns," Home Depot president Arthur Blank told a Cree delegation he welcomed to the company's annual meeting in Atlanta, Georgia.

"We will look into this to do whatever we can to support you."

Home Depot also said it would raise the Cree concerns about forestry at an international conference in London held by the Forestry Stewardship Council, a group that investigates the social, environmental and economic impacts of logging.

Home Depot plans to open several new stores, including four in Montreal in the coming year.

During a question period, Johnny Cooper of Waswanipi asked what the company would do about logging in northern Quebec.

When Blank promised his support, shareholders applauded.

"It's what we came down for," said Sam Etapp, the Cree forestry coordinator. "It went very well. We believe they'll really help us."

The Cree delegation also showed Home Depot executives photos of clear-cut areas.

"It was devastating," said Suzanne

Continued on page 9

Hello Everyone,

Within these pages you will find a photo of the first class of the Transition Program, a one year introduction to college studies close to home offered at the Centre d'études collégiales à Chibougamau.

It has been a hectic year since September 1999. One filled with learning and adjustments, not just for the students but for the college staff as well - what a grand experience! I speak for the teachers and college personnel when I say "Thanks guys. We had a great year and you will always be welcome - so you better come visit when you are in town!"

The Centre would like to thank the Cree School Board, the Post-Secondary Program, the Ministry of Education as well as the direction-générale de l'enseignement collégial for their precious collaboration in the first year of this experimental project.

Sincere thanks are also due to the parents and extended families of these students. It is with your input and encouragement that many of them made it through the year. I only wish all students had such an active cheering section.

BACK ROW, LEFT TO RIGHT:
JOSHUA MATHIAS, NATHALIE GIRARD; PEDAGOGICAL COUNCILLOR, KARRY MOAR, NATHAN MARTIN, YVES RIOUX; PHYSICAL ED. TEACHER, LANCE BLACKSMITH, KENNETH AWASHISH, NELSON MARTIN, FREDERICK GRÉGOIRE; MATH TEACHER, JO-ANN TOULOUSE; HUMANITIES TEACHER AND STUDENT ADVISER, GHISLAIN DESJARDINS; COLLEGE DIRECTOR.
FRONT ROW, LEFT TO RIGHT:
STACEY KITCHEN, LISA SHEA; ENGLISH TEACHER, HEATHER KITCHEN, CARLY KITCHEN.

We are already eager to meet our second generation of students here in Chibougamau. They will likely teach us as much as our first group and I have to admit, August feels too far off. In the mean time, I will try to leave another note here in early August to let everyone know what to expect. Maybe a correspondent could be found within the ranks of these new students to share with everyone in James Bay their first year college experiences in the North...

Jo-Ann Toulouse
Student Advisor, Transition Program
Centre d'études collégiales à Chibougamau

Nadnemskawanoo
Old Nemaska Days

Come and join the people of Nemaska on their annual pilgrimage to the traditional sanctuary and birthplace...

Come and spend some summer days at Old Nemaska - connecting the old world to the new in reliving their past and for the future protection of the land.

July 3rd to July 9th

Festivities to start Monday

This gathering is to explore the roots of the Nemaska First Nation, as well as a chance for Elders to share memories, and for youth to make new ones.

For more information, please contact Thomas Jolly at (819) 673-2512

SOCIAL SERVICES ARE FAILING INUIT: SURVEY

The people of Nunavik are largely dissatisfied with the social services in their communities, according to an official 1997 survey obtained by *The Nation*.

The Inuit feel social services don't listen to their needs, don't offer enough programs, they don't trust some of the social workers and there is a language barrier.

The survey was conducted for the Nunavik Health Board in all 14 Inuit communities. It was based on in-depth interviews with 95 people.

The study's authors were two former Nunavik Health Board employees, Marc Riopel, who is a social worker, and Jobie Weetaluktuk, an information officer.

The results show widespread dissatisfaction with how the health board's social-services department handles growing social problems, like suicide.

Many community members complained of an "absence of programs, especially for the elderly," said the survey. Others expressed a "lack of confidence" in the social workers and said because of this they felt uncomfortable going to them with problems.

Lack of confidentiality was another concern, especially in one village where a community worker "has the habit of speaking about clients over the radio." The clients weren't named, but the worker gave details of their behaviour "to provide examples of how not to behave."

People in one community "criticized both the community worker and the organization of social services, which seem to 'sleep rather than intervene.'"

In Salluit, one person declared, "I have never met anyone satisfied with the services!" In Akulivik, "some say the services do not respond to the needs, with proof being the high number of complaints related to social services."

Some social workers lacked knowledge of both Inuktitut and English, the most commonly spoken languages. Another problem: "a lack of information," which the report said "leads to negative effects among the population, including mistrust of services."

The report made 23 recommendations for changes in the social-services system. Some were followed, but many were not, according to current and former health board officials.

The study also said similar concerns have been expressed in no less than eight different major reports going back to 1982. These earlier reports also made many recommendations that were never followed.

In 1982, a report said there was a "lack of service planning and coordination in the territory. This situation represents a major deficiency in the adequate organization of primary health care in the region and needs to be rectified."

The situation wasn't corrected; today, former health workers still complain that poor planning is a problem.

In 1985, a Quebec government study said there was a "lack of training and supervision of Native personnel" – another problem that still exists today.

A 1990 report said Inuit

by Alex Roslin

Continued on page 9

Between two worlds

It's never easy to help people with emotional problems. But the Crees and Inuit of generations past had a method that was both simple and effective.

A respected Elder would meet with the person or a couple that was having problems to listen, talk and give suggestions. The Elder acted as a confidant, advisor and mediator, never as a judge. Intervention was made quickly before the problem got worse.

This system is still in place today, but there is also a parallel system. It is made up of a jumble of laws, agencies and social workers all trying to help people. There are now two systems instead of just one, but many people feel that neither system is working today. The old system based on Elders has been somewhat pushed aside, while the new system seems foreign and employs few Native caregivers.

A typical story is that of one Inuk man in Nunavik who had a history of chronic solvent abuse and emotional problems.

Social-services workers in Nunavik decided to send him for help to a hospital in the south. The man didn't speak English or French, and there was no translation in the hospital.

He spent three years there without getting any treatment, except for lots of psychiatric drugs. Then he was sent back north, with the same problems as before.

The story doesn't surprise Lolly Annahatak, a social worker at the Tulattavik Hospital in Kuujjuak. "There's quite a few like that. That doesn't surprise me," she said.

Annahatak, 46, was the first person in Nunavik to get a Bachelor of Social Work degree. She graduated from McGill University in 1996. The accomplishment stands out all the more because she is blind.

She said the Nunavik health system's biggest challenges are a lack of funding, burnout among employees and a language and cultural barrier between the many non-Inuit workers and Inuit community members. The high number of suicides also takes a toll on the workers, she said. "Today we're between two worlds."

Annahatak said the leadership of the Nunavik health network should speak more about prevention of suicide. "They should talk about it more and give more information. There should be more voice."

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Aanischaaukamikw

CREE CULTURAL INSTITUTE
INSTITUT CULTUREL CRI

Aanischaaukamikw Profiles - Number 4

Traditional Knowledge

The true story of the Crees isn't found in the history books - it is tied to the land and to the legends and stories of our Elders. The way we relate to the land and the animals around us... the importance we attach to the sacred stories, histories, and teachings of the elders... these things define who we are.

When our Elders talked of creating Aanischaaukamikw, the Cree Cultural Institute, they made it clear that one of its most important jobs would be to research, document, and share traditional knowledge with Crees, with other indigenous peoples, and with the rest of the world.

But what is "traditional knowledge"?

You've heard about it, experienced it, maybe even taught your kids about it: medicines from tree bark, animals, and plants; special foods that strengthen mothers' milk while they nurse babies deep in the bush; fishing, hunting and trapping techniques that respect the environment.

We take most of it for granted - but it is all very special and very unique!

Aanischaaukamikw's on-site cultural and educational programs will be designed to share our knowledge with the world, using skills workshops, demonstrations, and on-the-land programs. These programs will be delivered in the nine Cree communities, on the trails, lakes, and in the bush, and will also be accessible to the world through the Internet.

Gathering traditional knowledge will involve anthropologists and archaeologists: but the most important task will be to gather knowledge from our Elders - and ourselves - working with families and individuals in the nine James Bay Cree communities and in our camps.

Next time you take a walk in the woods, or go fishing, or clean an animal, think about the things you know and take for granted, and remember - you're an expert on Cree traditional knowledge, and you've got something special to share with the world!

For a brochure, a CD-ROM, or other information about Aanischaaukamikw, call
Nian Matoush
(514) 861-6329,
or
Kenny Mianscum
(418) 745-3911.

Happy Fathers' Day!

On behalf of all the families in our community, thank you for all the endless things that you've done to keep our families strong and happy. Meegwetch!

CREE NATION OF
WEMINDJI

The Council and staff of the Cree Nation of Wemindji wish the people of Wemindji and Aboriginal people everywhere a

Happy National Aboriginal Day!

continued from page 5

Apple, a Home Depot vice-president. "We are totally committed to looking into this."

The company has a policy to buy only wood harvested through sustainable practices, starting in 2002.

Uproar over racist comments

Two Bearskin Airlines pilots touched off a furor when they inadvertently announced their views about Native people while the intercom was on, according to a report in Wawatay News.

"All we do is haul a bunch of Indians back and forth all day," one of the pilots allegedly said as the plane taxied down the runway. "Native people are always being flown around for no reason at night. I'm glad this day is almost over," the pilot reportedly said. During the usual in-flight announcement about not smoking, one of the pilots added, "Oh, and no chewing snuff."

But the news story itself became news when Bearskin Airlines stopped delivery of that issue of Wawatay News. The airline's owner, Harvey Friesen, told his cargo staff not to put the papers on Bearskin planes going to northwestern Ontario, according to a Wawatay press release.

Friesen was quoted in the story saying he doubted the comments were heard by the passengers, since the old plane has a poor intercom. He didn't return our call.

The airline's actions left Wawatay staff fuming. The newspaper switched airlines and will now be carried by Native-owned Wasaya Airline and its affiliates. "I figured we're not going to sit still. We're not going to allow someone to think we're at their mercy," said Fort Albany Chief Mike Metatawabin, president of the non-profit company that publishes the twice-weekly newspaper. Wawatay News serves 48 First Nations across northern Ontario.

Social services...

continued from page 7

community workers were marginalized by the system, which "favoured their passive subordination in the bureaucratic organization."

In 1991, the Nunavik Health Board held a meeting to get feedback from the people on its services. Inuit community members said social-services workers "were so involved and preoccupied by crisis situations that they neglect work in prevention.

"Community workers lack training and support, they feel exhausted and alone and, during the worst moments, powerless," the study found.

A 1995 report said all the reports of the past 10 years hadn't led to any changes, and that the same problems still existed.

Jean Dupuis, chairman of the Nunavik Health Board, did not return several calls. Minnie Grey, the board's executive director, was away at a conference in Norway and also couldn't be reached.

Do They Call Him a Melvin Because of the Hair?

BY MIKE RYAN

So how do I start a review of the Melvins concert at Cabaret Saturday, May 27?

I guess I should start by confessing that my date for the evening (but enough of my bragging) and I missed the first set. That's partially because we were trying to miss the opening act. Sorry to opening acts everywhere, but if I don't know who you are, I don't go anymore. I'm just not up to the endless standing on hard concrete inhaling other people's cigarette smoke while drinking overpriced beer.

It was also partially because my companion and I were enjoying the very cheap and plentiful Chinese food served at the Deer Garden only a couple of blocks south of Cabaret. The two of us ate for $15.00 including tip. It's byob, so the drinking was cheap too. If you're ever in Montreal and you like Chinese food, check it out. It's on the corner of René-Levesque and St-Laurent.

Anyway it seems the opening act, Get Hustle, broke up and so the Melvins brought their brand of sludge metal (or is that sludge core?) to the stage early. Doh!!! We walked in fashionably late at around 10:00 and were greeted by that inimitable Melvins sound, as smooth as the skin on yesterday's gravy and as thick as the last three globs from a ketchup bottle.

The boys and some girl (never to be seen again — well not on the stage that night, anyway) were doing their version of Smells Like Teen Spirit, which is from cover record Crybaby, the latest of three CDs they've put out in the last year. On the CD they do it with Lief Garrett. (Stop and ponder that for a moment.) I'm told that that other guitarist augmenting their power trio sound was the guitarist from Get Hustle.

Following an intermission that was long enough to allow me to worm my way into the centre of the crowd near the stage, that other guitarist guy, whose name I never did learn, came back to present us with a solo piece involving a very long wire (I think) attached to a heap of foot pedals and a contact mic and toilet brush, also attached to foot pedals. It was very, very noisy and kinda cool.

Finally, the Melvins, Buzz on guitar (he's the one with the Sideshow Bob haircut), Kevin on bass and David on drums (I'm sure they have last names, but I don't know what they are and who really cares), slunk back onto the stage and the ear-splitting noise morphed into a set of Melvin songs, which unfortunately I couldn't identify not being that familiar with their material. On that very subject, my dancing and dining companion noted, "It's all one song, but it's a good one." I heartily concur.

All of this to say, if you like your metal (or is it hardcore?) slow and extremely heavy run out and buy the Melvins' last three efforts, Maggot, Bootlicker and the aforementioned Crybaby.

Then take them home, put them in your CD player, crank it to 11 and if your parents don't beat you with a stick before the second song is over, thank the Creator for such tolerant parents.

And do see them live and when you do wear your earplugs, cause one day you want to hear the gentle laughter of your grandchildren.

Eeyou Chiskatamachaoun celebrates in Mistissini

Eeyou Chiskatamachaoun or the Cree School Board put on an impressive gala celebrating past leaders in Mistissini on June 5th, 2000. Beverly Quinn, the Mistissini School Commissioner who organized the event looked around before the guests arrived and said, "it's nice to see all the hard work coming together." She also confided to me that she probably wouldn't be volunteering to do many more. It's a shame since she pulled off one of the nicest evenings I've seen in a long time. I don't know if it was the teepee with the bearskin rugs, the canoe, the tree boughs giving off a fragrant woodsy scent as you walked in but it was amazing. Quinn doesn't take all the credit for herself saying the design of the décor was due to local Cree artist Gerald Longchap.

If the gala setting was anything to write home about, then the food was something to rave about. Everyone knows that for some Crees good food and eating go hand in hand. Tomas MacLeod and Vincent Shecapio, two graduates from the 1999 Professional Cooking Class assisted local

caterer Frqancine Petawabino. What a meal! There was goose, moose, smoked sturgeon and the turkeys. Who can forget the turkeys when Gorden Blackned remarked that the meals would start when the turkeys arrived I swear some peoples eyes went to the enterence to see who would walk in next. Just joking!

The Anglican minister Hal Graham opened with a prayers that included the turkeys. Must of worked because they tasted great as did all the meal. And what would food be without music to accompany it? We were all serenaded by the Grades One to Three students of Voyager Memorial School. The students sang in Cree and well received when they did the Cree alphabet song. It was cuter than I ever was by a long shot. After the singing the youngsters put on a traditional square dance. It was great. I considered this the highlight of the evening.

According to the gala program Cree School Board employees were supposed to do a square dance too as the second performance of the evening. That never happened. I can only guess that they didn't want to follow the kids, as they were a tough act to follow.

Introductions were made of the former chairpersons of the Cree School Board as well as the former negotiating team and former internal working group. We were all told that these people successfully negotiated a five-year funding rule agreement for the Cree School Board. This is a first for the School Board. Gifts were given out with the Cree School Boards thanks. Even the young singers and dancers got gifts!

Then it was on to some more dancing. Led by Glenn Cooper, Jonathan Sutherland, Josie Cox and Caroline Mianscum displayed their dancing skills. Cooper, Cox and Mianscum were doing traditional dancing in the Plains Cree style while Sutherland impressed the crowd with his hoop dancing skills.

At the end of the night a square dance was held. I slipped out before they started fearful I'd be pulled up for a dance or two. The reason for this is the term "dancing fool" might have been invented just to refer to my square dancing techniques. Kudos on an great evening.

Who Will It Be?

-Will Nicholls

During the gala I had a chance to talk to the two contenders for the possition of chairperson of the Cree School Board. There will be a run-off election to see whether Daisy Herodier or Kenny Blacksmith will become the first CSB Chairperson to have been elected by all the Cree Nation.

Between 1987 –1990 Kenny Blacksmith spent three years as the Cree School Board Chairman, one year as a vice-chairman and one as a member of the executive.

What was your greatest accomplishment during your tenure?
I think it was building up the relationship within our people. We had a very difficult task from the beginning. There was a question of whether or not we would be in trusteeship. We had a letter from the government saying we had 30 days to show good management or else. We sent back a letter saying they had thirty days to withdraw their letter or imposition of budgetary rules to the Board because you failed to fulfill your obligations under the James Bay and Northern Quebec Agreement to give us the proper funding so we could do education. So we first came in it was very difficult operating with $19 million dollars a year for an annual budget. It was a dismal budget for all nine communities. The school buildings were in deteriation; there was a need for space and resources. We managed to change this through recognition of our strength as a people. We had a determination to achieve the solutions that we desired, not what the government was pressuring us to do. We took control of our vision. Our people had a chance to see we could do things for ourselves and that we became a team. We started the first phase in taking ownership of Cree education.

This is the first time that there is a nationwide election for the chairperson. What do you think of the process that has been put in place?
I think it's a good method. I think people need to be more aware of the whole process. People seemed to be surprised as to what happened so maybe there should have been more education before. Nevertheless it is a very good system. People have more of a say as to who they will elect to be the chairperson. I hope people know this is a historical time for our people to elect what would be the third leader, who is almost on the same level as the Grand and deputy Grand Chief. People should realize the importance of the position and the mandate that the person elected will be much stronger than in the past. The people will have voiced their choice and a clear indication of whom they want as a leader. This isn't to say the old style of elections was not. This shows that these are exciting times and changing times. Certainly the people are going to more active in deciding what their needs are.

In your entire platform, what do you feel is the most important part of it? That would be the community ownership of education. We have the infrastructure in place, perhaps not all the resources we need in terms of funding but it is adequate for the moment and gives us flexibility to run with different programs and different education initiatives that we can embark on. At the same time, education is not infrastructure; education is not just a school building. Education needs to be where people are very much actively involved. Parents are involved and they have to be able to be with their children as they go through the education system. They just can't send them to a building and think that's where education is going to be achieved. Education is brought into the building by the people; otherwise it's just an empty shell. People need to bring the right type of education. So to me the whole aspect of community ownership has got to take on a new meaning. I think there has to be more involvement, innovation in terms of programs and more flexibility. Each community is different so each school will be different. So there will be different needs in each community whether it's special education, music or culture. Each will have to run at their own pace. So I feel that community ownership in that sense is got to be where people feel this is our education system. We're going run education the way we think it should be run.
There still has to be regional standards that will be the checks and balances so that the system runs smoothly but we still need that flexibility.

Daisy Herodier is the current Cree School Board Chairperson and has occupied the CSB hot seat for the past four months.

What has been your greatest accomplishment during the time you've been at the Cree School Board?
My Greatest accomplishment? I think it's been putting pedagogies back on the forefront. That's education, education issues and related issues.

This is the first time that the position of chairman has been voted upon by all the people. What do you think of this?
I have a lot of respect for the decision that the people have taken. I was the commissioner who chaired the consultations on the Cree Education Act. This was one of the things that the people voiced repeatedly. This is what they wanted. They wanted to elect the chairperson for the Cree School Board. This is the first amendment and it is a huge amendment to the Cree Education Act and this is to accommodate the people. We can expect other changes. There is a lot of room for change and we will have to consider the process that we wish to us for the next four years.

Out of your entire election platform, what do you consider the most important part of it?
I think the most important part is to increase the success rate of all of the students whether they are children, people who are in continuing education or post-secondary.

Is there anything you would like to add to that or a message?
Well, not really a message, I'd like to thank everyone, especially those who have supported me throughout the years and continue to support. I know I'm saying this a little bit ahead of schedule but I'd like to congratulate all the students that successfully completed their grades or their programs this year.

CSB Rate increased to

5.20%

Effective June 1, 2000, the rate of interest is increased to 5.20% per annum on the following outstanding series of Canada Savings Bonds: **Series 50** (1995), and **Series 54 to 65** inclusive (1998 to 2000). This new rate is effective until August 31, 2000. All other terms of these bond series remain unchanged. Other CSB series continue to earn the minimum guaranteed rates of interest previously announced.

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Happy National Aboriginal Day 2000

to everyone in the Cree Nation from the staff of The Nation and Beesum Communications

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HONOUR THY FATHER

There's this joke that goes something like this: A father and his son were watching a 1930's film on TV. As it ended with the usual 1930's romantic clinch and fade out, the teenager said, "Gosh, Pop, your movies ended where ours begin." As a dad and son I can understand this joke twice over. The generation gap is there and will always be there no matter what. As a dad or a son you have to work around them to see who and what each other is. In my endless search for improving myself both as a dad and a son I came across the following that I would like to share with you. I've edited it down into a shorter more relevant form. -*Will Nicholls*

HONORING YOUR FATHER

On Father's Day you may get another "interesting" tie, the latest golf gadget or a pair of wild boxer shorts. And then your kids may do something that really makes you feel like a king. Soak it all in, because you deserve it and it's good for your children to honor you.

But as you're celebrating, don't forget that you're also a son, and it's good for you to honor your father or father figure.

There is something in us-written on our hearts-that says, "Honor your father and mother." That's how it's stated in the Bible, but you'll find it in all the world's religions. Ancient Chinese Analects advise, "Surely proper behavior to parents and elder brothers is the [tree] trunk of goodness."

Your father deserves your honor and appreciation for all he means to you-if for no other reason than simply that he is your father.

Dishonor toward a father is a dangerous form of vandalism. That is true culturally, but also personally. Gordon Dalbey writes, "We had better teach our sons mercy. A man who curses his father ... curses his own manhood."

If you want your children to honor you, model it by honoring your father on Father's Day and all year.

Honoring Dad is no problem for some men. Honor flows forth whenever they're with their dad. It's evident in their tone of voice every time they talk to him, and in their efforts to keep in touch and continue a close relationship.

What kinds of memories can you conjure up that will help you honor your dad? What was your favorite vacation? What did you enjoy doing with your dad? What smells and sounds remind you of him? Was there a favorite book he read to you or a song you sang together? What was your favorite family tradition? What do you remember about your dad's place of work? What were his hobbies? What did he encourage you to be involved in? Did he ever coach you or teach you a skill? What is your funniest memory with your dad or with your family? Think about birthdays and holidays, and memorable gifts he gave you.

What did people in the community think of your dad? What sacrifices did he make for you? Which of his character qualities do you now see in yourself? What was the greatest life lesson you learned from him? What did he teach you about being a father?

These positive memories should provide plenty of ammunition to barrage your dad with expressions of honor and blessing. As two adults, your relationship will be more of a friendship than it's ever been. You'll make effort to stay in touch and go out of your way to include him in family activities. You'll both affirm and esteem one another and look for common interests you can develop and share together. As

continued on page 21

You want to know more about:

- Finding a job?
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- Safe boating?
- Starting a business?
- Children's services?
- Health and quality care?

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READERS SURVEY 2000!

We were goofing off, as usual, one afternoon wondering what you the readers want. What you enjoy. What you listen to. What movies you watch. How old you are. Male or female. If you are still there for us of if you have left us for another.

Fill out this handy questionnaire, sign your name on the dotted line and send it in a.s.a.p. You know where to send it. Everybody who's anybody knows where we are. And don't use any of that chicken scratch writing either. We have enough trouble trying to read faxes.

Don't forget to give us your name and address to include in our draw - we're giving away a gift basket, made especially for the winner. It'll be filled with all kinds of goodies and surprises, so don't miss your chance to win!

Without further ado, let the interrogation begin...

Which of the following do you read and why?

News ☐ _____

Briefs ☐ _____

Rez Notes ☐ _____

Editorial ☐ _____

Features ☐ _____

Profiles ☐ _____

Recipes ☐ _____

Northern Sky ☐ _____

Book Reviews ☐ _____

Classifieds ☐ _____

Poetry ☐ _____

Letters ☐ _____

Legends ☐ _____

Cree@large ☐ _____

What would you like to see in The Nation?

Humour

Comic strip ☐

Word Games ☐

Jokes ☐

Funny Photos ☐

Crazy interviews ☐

Entertainment

Fashion ☐

Trivia ☐

Internet ☐

Music, Film, Book Reviews ☐

Travel ☐

Restaurant Reviews ☐

Movie Listings ☐

Education

History ☐

Culture ☐

Tradition ☐

Language ☐

Kids ☐

Health

Spirituality ☐
Healing ☐
Nutrition ☐
Exercise ☐

Other

Inspirational Stories ☐
Horoscopes ☐
Quizzes ☐
Role Model ☐
Sports ☐
Parenting ☐
Contests ☐
Polls ☐
Streeters ☐
Business ☐

Name your favorite:

Movie _____
Magazine _____
Book _____
Song _____
Band _____
Food _____
Celebrity _____
Role Model _____
Nation Issue _____
Nation Cover _____

Rate the Nation

Writing	1	2	3	4	5
Photography	1	2	3	4	5
Design	1	2	3	4	5
Layout	1	2	3	4	5
Type Size	1	2	3	4	5
Interesting	1	2	3	4	5
Educational	1	2	3	4	5
Fun	1	2	3	4	5
Informative	1	2	3	4	5
Negative	1	2	3	4	5
Political	1	2	2	4	5
Mediocre	1	2	3	4	5
Boring	1	2	3	4	5

Other (Godlike, Jack of all trades, Master of none,Reeks)

Who are you, anyway?

Name _____
Age _____
Sex _____
Community _____
Education _____
Marital Staus _____
Occupation _____
Hobbies _____
Phone Number _____
Email _____

Where Did You Pick Up This Issue? _____

Where Do You Usually Read The Nation? _____

If you could change one thing about The Nation what would it be? (Winner gets surprise gift basket! Make sure you answer all questions and give us your personal info.)

Matthew Coon Come Candidate for National Chief !

Good Luck Matthew

"You Have My Support in Your Quest to be National Chief"

Ted Moses

Grand Chief of the Grand Council of the Crees of Eeyou Istchee

Matthew Coon Come is a leader of the people! In 1989 he took on the challenge of his people to stop the proposed Great Whale Hydro-Electric Project. He did not give in and he did not quit until the project was shelved.

Matthew has been chief of his community and Grand Chief. He has hunted on his family's hunting territory and knows the ways of the bush. He took the message of the Eeyouch to Quebec, to Canada and to the World. Walking with international leaders he never lost site of where he came from or of what his people needed in order to live and prosper.

I believe that as National Chief Matthew Coon Come will fight for the rights of Aboriginal Peoples. He will take on the task of forging a new relationship between the Government of Canada, the Provinces and Aboriginal Peoples. He will take on the plight of the poorest communities and the challenges of the most difficult situations.

G.C.C.E.A

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Grand Council of the Crees (Eeyou Istchee)

Grand Conseil des Cris (Eeyou Istchee)

C.R.A.
A.R.C.

Francois (Blazo) Mianscum
August 08, 1931 - February 26, 2000

The family of the late Francois (Blazo) Mianscum would like to greatly express our thanks and sincerest gratitude to the many people that assisted our family during these trying times.

The Cree Nation of Mistissini for their financial and emotional support
The Mistissini Police Services for their endless personal dedication to the search
The Mistissini Public Safety and Fire Department for their expertise and personal dedication to the search
The many, many devoted people that gave up their time to assist in the search, both local and from the outside (Oujebougoumou Public Safety, Waswanipi Public Safety, Canadian Helicopter, Surete du Quebec)
The elders for their wisdom and advice
The Cree Trappers Association for supplying the fuel for the rescue and helicopter and transport
The Cree Health Board and Cree School Board for releasing employees to assist in the search
Meechum and the Quinn Family for their kindness and generosity
The Mistissini Native Women's Association for their dedication and support
Chiiwetin Gas Station and the Benac family for their generosity
Charlie's Gas Bar and the Blacksmith family for their assistance
The many people that donated food and brought kindness to the our family and the searchers
Flaming Fire Ministries for their kind donation of food to our family
The Pentacostal Church for the all night services
Harry Meskino, Harry Miansum, Larry Linton and Reverand Hal Graham for their prayers Family and the many friends that supported us during this time
The people of Moose Factory for their kind letter of support to the family and their preparations to assist
The entire Cree Nation including all nine communities for their support Chantier Chibougamau for their assistance with consideration for the safety of the searchers
We have tried to include all the people that assisted us in so many ways during this time.
-If anyone has been left off this list they are not forgotten and are to be included in our prayers and thanks.

YEAR 2001 EDITION

THE JAMES BAY CREE TELEPHONE BOOK

Availible in November 2000, the James Bay Cree Telephone book brings us closer together - making it easier to contact each other - family to family, friend to friend, department to department and business to new and old customers. Make sure you're accessible, drop us a line if you have a new phone or number or if you're a new Cree business. The listing is free!

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5505 St,Laurent Suite 3018
Montreal, Quebec H2t 1S6

From the Chief and Council
of the Cree Nation of Mistissini

This is to wish
the whole Cree Nation a

Happy National Aboriginal Day!

From the Chief and Council,
staff and members of
the Cree Nation of Mistissini

From the chief and Council of
the Cree Nation of Nemaska

This is to wish the whole Cree Nation a

Happy National Aboriginal Day!

From the Chief and council, staff
and members of the Cree
Nation of Nemaska

The Cree Council of Chisasibi
would like to wish the people
of Chisasibi and
Aboriginal people
everywhere

A Happy
National Aboriginal Day!

this June 21.

continued from page 15

time passes, your dad may depend on you more and more, whether it's helping with heavy lifting around the house or, as he ages, driving him to doctor's appointments, helping with financial burdens, or even assuming full responsibility for his care.
But the benefits far outweigh the inconveniences.
Your father probably has a childlike wonder when it comes to his grandkids, and he is honored when you encourage him to be involved in their lives.
He possesses a certain magic that's unique to granddads, and it serves as an important part of instilling a sense of family: hosting holiday gatherings, teaching your daughter that trick where it looks like he's pulling his thumb in two, or showing your son his old pocket knife, worn smooth from years in his overalls. His attic is full of treasures. He's lived through wars, hard times, cultural changes, and even your childhood.
Grandfathers can be powerful influences in a child's life when we encourage them to be. It's been said that "when an old person dies, a library burns down." Be sure your children visit that library often while they can.
You can also honor him by telling your children about him-how he lived as a child and a young man, what he has accomplished in his life, and his qualities as a father. (This one works even if your father has passed away.) Talk about the values you learned that you hope remain in the family for generations to come. Get out old photos and other mementos of the past to stimulate your child's questions and your own memories.
It is your father's deep desire to pass on something positive-skills, values and traditions-to the coming generation. In a culture where he may feel "in the way" or "out of touch," you can honor him by affirming the vital contribution he can make to your life and the lives of your children.

This article was adapted from Ken Canfield's book The Heart of a Father.

Hydro Québec

The Regional Directors of "La Grand Rivière" would like to wish a **Happy Aboriginal Day** to the whole Cree Nation!

La Direction Régional "La Grand Rivière" souhaite une **joyeuse fête des Autochtones** a toute la nation crie!

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Cree Nation of Waswanipi

The Council and staff of the Cree nation of Waswanipi wish the people of Waswanipi and Aboriginal people everywhere a

Happy National Aboriginal Day!

Let's Celebrate!

Happy
Aboriginal Day!

Best wishes from the staff
of the Cree School Board.

HEALTHY CHOICES

By Xavier Kataquapit

If you have ever tried to lose weight or change anything else about yourself, you probably know how difficult it is. Last week, I had the good fortune to meet up with a friend of mine, Jennifer McLeod, health director at Wabun Tribal Council in Timmins. She looked great and I noticed that she had lost a lot of weight. She seemed to radiate this feeling of well-being and healthiness, and I asked her what she had been doing. She told me she had been supporting her husband Keith in his weight-loss program and in doing so had put into place healthier lifestyle choices that benefited her whole family.

She also pointed out that she had received a lot of support from the Wabun Chub Club, made up of Wabun staff members. She got me to thinking about just how important it is for a person to have support when they are making any lifestyle changes. She also reminded me that people don't have to wait until something critical happens to them so they can become motivated to change their lifestyle choices or habits that are bad for their health. Let's face it — we have the information on what is good for us and what is not, so it is really just a matter of getting serious enough to determine any problematic areas in our lives and set about to changing them.

I think it is very difficult for anybody to change any lifestyle choice or addiction. The first thing we have to realize is that we have a problem. Most often the main reason we don't make changes that are good for us is due to the fact that we are stuck in denial. Maybe we don't even know we have a problem. The fact is that weigh scales don't lie, smoking is bad for you and others, and alcohol and drug addictions are deadly.

If you think your life is suffering or is out of control because of certain lifestyle choices, don't try to make the change on your own. Get in touch with a support group that knows where you are coming from and can give you some direction and the tools you need to make the lifestyle changes you need to implement.

I'm not saying it is easy to lose weight, follow a proper diet, quit smoking and recover from alcohol and drug abuse. However, I am pretty sure it is a lot easier than continuing down the same old destructive path.

The help is out there and it is everywhere. To deal with eating disorders and to get in touch with weight management you can call the many support groups that exist. As a matter of fact you can even start your own like the Wabun Chub Club did, with friends, at the office or in your neighborhood. You can meet to do weekly weigh-ins, talk about your successes and failures and gain the support you need to keep up the effort to manage your weight and make healthy lifestyle choices. You can even start a walking group or take up some sport to make sure you are getting enough exercise. Don't forget that a poor diet and lack of exercise contributes greatly to many illnesses including diabetes and heart disease so you don't want to go there.

If you think you have a problem with alcohol or drugs then pick up the phone and call AA or NA. There are many people who care about you and will take the time to offer support and encouragement. The first move is up to you.

CLASSIFIEDS

OUR PICK

Ever since the Nation went into publication, nobody has ever sent me a birthday, merry X-mas, New Years, or Valentine's wishes. So, I guess I'll have to do it myself. Here goes: Michel, happy belated birthday (5-27), Merry X-mases, Happy New Years, and all the happy days that come in the year. Nabakatukly yours, Michel

100-BIRTHS

We would like to congratulate our brother Joey Guanish & Sophie Mckenzie on the birth of their cute little daughter Boodoogun "Amelia Rose Guanish" who was born on Jan. 10, 2000. And my sister April Guanish & Edward Mameanskum, Congratulations on the birth of your cute little son Clarence Mameanskum. Take good care of your babies and may you have many more! From your sister Marianne & Jolene, John, Tamia, Kautnat, Pamela, Mom and Dad from Kawachikamach

I would like to congratulate Sabrina Jolly and John Ottereyes on the birth of their baby boy (Kohl Mason Ernest) born in Val d'Or on May 18, 2000. Weight 8 lbs. 14 oz. I wish you all the best and may this child bring you both joy and happiness. Take really good care of your little one, especially Kelsie. A little brother for Kelsie, she must be happy. Love you guys, from someone in Wask.

I would like to welcome a baby boy who came into this world on May 25, 2000 at 2:01 am, weighing 6 lbs. 15 oz. His name is Harland Regis Allan Kitchen. Congratulations to his caring mother Cathy. HM. (Wasw.)

101-BIRTHDAYS

Happy birthday there sister, Melissa M. Etapp on March 6. Sorry that I didn't send it sooner and don't think that I forgot your birthday. How could I? Sure wish I were there with you. Where all the warm weather is. Even through the distance you will always be thought of. Again, Happy birthday! Wish you the best in everything you do. Oh! I almost forgot not another year older, but another year wiser. Get the message. I love you, sis, with much love, AEN

Happy 7th birthday to Austin Saganash on March 16, and many more to come. We love you very much. Hugs and kisses from Mom and Dad

Happy Belated Birthday to Sasha Weistche on March 21. So, did you have a great day? I hope you did. Your friendship is a real blessing to me. Thank you for always being there for me. I am thankful to have a caring friend like you. In friendship, Angela

Happy Belated birthday wishes to my sister in law, Clara Kanatewat on April 5, to my friend QQ on April 7 and to my brother John Katatewat on April 21. Happy birthday to you guys and many more years to come. From Lorraine K. in Hull

We would like to wish our Dad Lawrence Mayappo a happy birthday on May 1. May all your hopes and dreams come true. Love always your daughters. Happy hunting!

I would like to take this time to wish the man of my life a happy birthday on the 19 of April. That man is my father Claude Daniel St. Pierre. Happy birthday Dad! How old are you now? 45? Kidding! I may forget to say this but the love I have for you is too great to be forgotten. I love you very much. It's good to remember those who mean so much to us and have a meaningful place in our lives. Love, Brenda (OJ) XOXO

Happy birthday to you, happy birthday to you, happy birthday dear Caroline, happy 21 birthday to you. What did you wish for? We hope you have a great one, on April 29. From your sisters who love you very much, Sarah and Joni.

Happy 5th birthday going out to my sweet nephew Kyle Abel Blacksmith on April 12. Have a great birthday! From your auntie Sarah B. I love you. XOXO

We would like to wish our daughter Leeanna Blackned a happy birthday on April 23. Hope your day will be as special as you are. We love you very much. Love always, Mommy and Daddy, Deidre and Shawn

Happy belated birthday to Ernest Jolly on May 18. And congratulations on the birth of your grandson on the same date. From Waskaganish

I would like to say happy birthday to my special sister Marcella Janie Weistche on her 14 birthday on July 24. Hope you have a wonderful birthday. I just want to let you know that I'm glad to have a sister like you and I'll always love and care about you. From your sister who loves you very much. Yvette Weistche XOXO

I would like to wish a happy 12 birthday to my one and only brother Kory Sean Saganash on April 16. Hope your b-day will be a special day for you. I love you and miss you so much. From your one and only little sister, Kisha Saganash-Polson. XOXO

A birthday wish goes out to a very special boy who was born 12 years ago on April 16, 1988 at 9:31 AM. His name is Kory Sean Saganash in Waswanipi. He's special because he's so loving, caring and so generous with others. Hoping your b-day will be as special as you are. We love and miss you. We think of you often. Wishing you the best always, Love your Mom, Irene Saganash and grandparents, Caroline and Michel G. in Val d'Or. XOXO

I would like to wish my daddy Jonathan Snowboy a happy belated birthday on March 25. Sorry I missed your birthday, I wish I was there to celebrate with you. PS I love you with all my little heart and soul and don't drink too much. Love always your son Tommy Snowboy. XOXO

We would like to say a belated birthday to our Grandfather Peter Chakapash in Chisasibi on March 29. We just want you to know that we love you so much with all our hearts from Serena and Lori Chakapash PS: big hugs and big wet kisses XOXOXO

Happy birthday to my caring mother Elizabeth on May 17 and a happy Mother's Day too. I am so blessed and thankful to have you as a mother. I thank God every moment I spend with you. Keep on serving the good Lord. God Bless. With love, your daughter Rose-Anna

Happy belated birthday to my sister Pamela Georgekish on April 16. It's a blessing that I have a wonderful sister like you. Thanks for all the times you've been there for me. I'll always be there if you need a shoulder to lean on. Once again, happy 19th birthday and many more years to come! With love, your sister Melinda

I would like to wish a happy belated birthday to my nephew Albert Norman Cheezo on April 5. A nephew like you is a special gift and I enjoy every moment I spend with you. You will always have a very special place in my heart. With love, Melinda

I would like to wish a happy birthday to my boyfriend David

Wapachee on May 31. You are my best and true friend, my inspiration and most of all my everything. You have my respect, my love and my friendship forever. You have helped me in many ways. You've always been there through thick and thin. I appreciate you being there for me when I need you. I'm glad you're in my life. I love you! Once again, happy birthday and I hope you'll enjoy your day. With love, Melinda

Happy 3rd birthday to our son Sebastien S. Neeposh on May 4. Sorry that we couldn't be there on your birthday but we still love you so much and always. Happy birthday, you'll get what you wanted when you come to Mistissini in June. That's a gift from us! One more thing will be with you on your next birthday. Hugs and kisses, we missed you a lot, love always Mom Tina and Dad Clifford. Sisters Keran and Sarah and your little brother Didi Josh in Mistissini.

On June 13 it's Cynthia's birthday. She's from Mistissini. I just wanted to wish you a happy birthday. I hope you will have fun and if you have cake please don't eat it all. Save some for me (joke!). Just blow out those candles and make a BIG wish. By now, see you soon, love always your sister in Mist., Blvd. 432. And from your niece Micheline Coonishish

This is going out to Ian Langdon whom we care about a lot. We keep thinking about the good times we had together. We hope you come to Chisasibi for good this time (just kidding). From the two girls you used to party with. And we would like to wish you a happy 20th birthday in May. PS Don't party too much!

I would like to wish a happy 9th birthday to my namesake and niece Angelina Spencer on April 25. You're 9 years old already! When you were born you had curly thick hair, you looked like curly Joe, just kidding! You looked so cute and adorable. Now your hair is so long and beautiful. PS Take care of your little borther (Denis the Menace) Jerrold. Love Auntie Marilyn

Sending a Birthday wish to my precious grandchildren Georgette (Skinny) whose birthday was on April 4 and to my handsome Wesley John Washipabano on April 12. Happy birthday to both of you and many more to come. I love you, lots of hugs and kisses, XOXOXOXOXXO Grandma Gloria (Chisasibi)

Sending a birthday wish to Daniel Kitty whose birthday was on April 28. We wish you a happy birthday and many more to come. We also wish you a good Goose hunting. From Mom, your sister Gloria, George and your fave. niece.

103-ANNIVERSARIES

I would like to wish Happy Anniversary to the most important people in my life, my parents Norman and Harriet Neacappo. Wishing you a happy 30th anniversary on April 6. I love you both so much with all my heart. From your only daughter, Cindy N. (Chis.)

104-GRADUATIONS

I would like to wish the very best to the hard workers of Kashechewan Ontario, graduates of Francine J. Wesley Secondary School. 17 graduates, keep up the good work! Congratulations, from Jennifer Koosees (Kash.)

105-OBITUARIES

In memoriam of Elsie Corrine Jean Blackned

A page in my memory has silently turned today...In loving memory of my wife who passed away a year ago today (May 13, 1999). There is a special kind of feeling that is meant for you alone. A place that is within my heart, only you can own. Truly nothing can be more beautiful than the love God let us share for more than thirty-two years. But with every

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Vous souhaite Bonne Journée Nationale des Autochtones

Would like to wish everyone a happy National Aboriginal Day

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Marcel Duplessis, President & Staff

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passing day I realize you will never be with me again. Even then I have always been a firm believer that those who held most dear never truly leave. They live on in the kindness they showed, the love they brought, the comfort they shared. Therefore, I will always keep you alive in my heart and cherish you forever. Sadly missed, always loved, forever remembered by loving husband, Fred Blackned

In loving memories of my Grandpa Robie Gunner, even though I didn't know him. But just thinking of him and by looking at his picture makes me want to cry. Even though I didn't know him I still love him very much. When I am alone in my room I look out the window and I say to myself, I wonder what he's doing right now. When my Mom talks about him that is the way I know him and when I see his brother Jimmy Gunner the father of Elizabeth Gunner (Cook). Just by looking at him it gives me memories of the late late Grandpa of mine Robie. I think it's been 27 years ago since he left to be with the Lord. But sometimes I think I wish he would be here, but I know he's comfortable with his Creator. That's all I can say right now. Thanks for reading my story of my late late Grandpa Robie Gunner, the father of my Mom Alice Iserhoff. Love and prayers, Leona Gunner

300-PERSONALS

Looking for Nation Essay Contest Prize winner DON DAVEY. Please call The Nation at 514.272.3077

To the lady who stole my heart, I'm taking you to court. All charges will be dropped if you agree to have dinner with me. Call Claude 819-753-2973

I just want to say hi! hello! how are you? what's up? To Jordy and a belated birthday on April 22. Love in Friendship, Buhla. See you soon and take care, Banana Jr.

I would like to say hi! to my little nephew(sh) who is in Waskaganish, Kohl'sh adn my niece Kelsie. I really miss you both a lot. From your Auntie in O.J. PS: Kelsie, kiss and hug your little bro for me. I miss him a lot, that's why. Hope to see you both soon.

I would like to say Hello! to my love of my life who is somewhere around Broadback Street in Wass. Even when I'm far away from you I still love you a lot. And I always think about you in every way. I will never forget you even when we're miles and miles away from each other. I can't wait to see you again, but I don't know when I'll be coming back. I already miss you. I always think about you almost every single second. I love you so much. Your girlfriend who already cries for you. Miss ya! XOXOXOlots Take Care, Paul Bear.

Hey there PETE! I thought of you today, which is like any other day. How are you, my friend? I hope you are well! I just want to talk to you but this is the only way as I don't know where to find you. I now know why you cried the last time we met. I don't think I can ever forget y o u ! ! I love you! I hope we will meet again!

Is anyone looking for a great hunter? Here is a picture of myself in this ad, so if you see me walking by tell me I look GREAT. Guess who I am?

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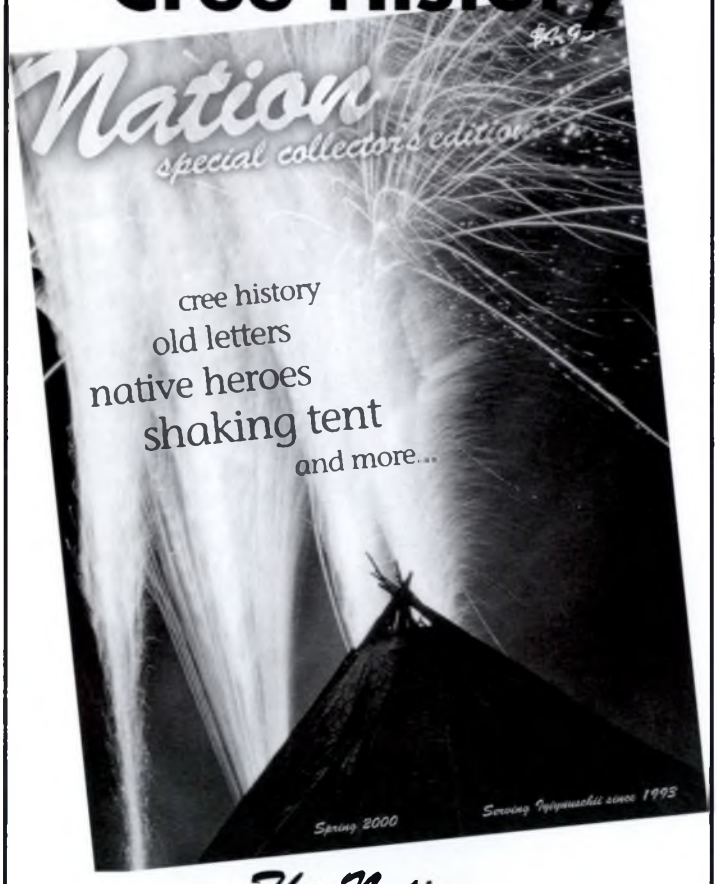

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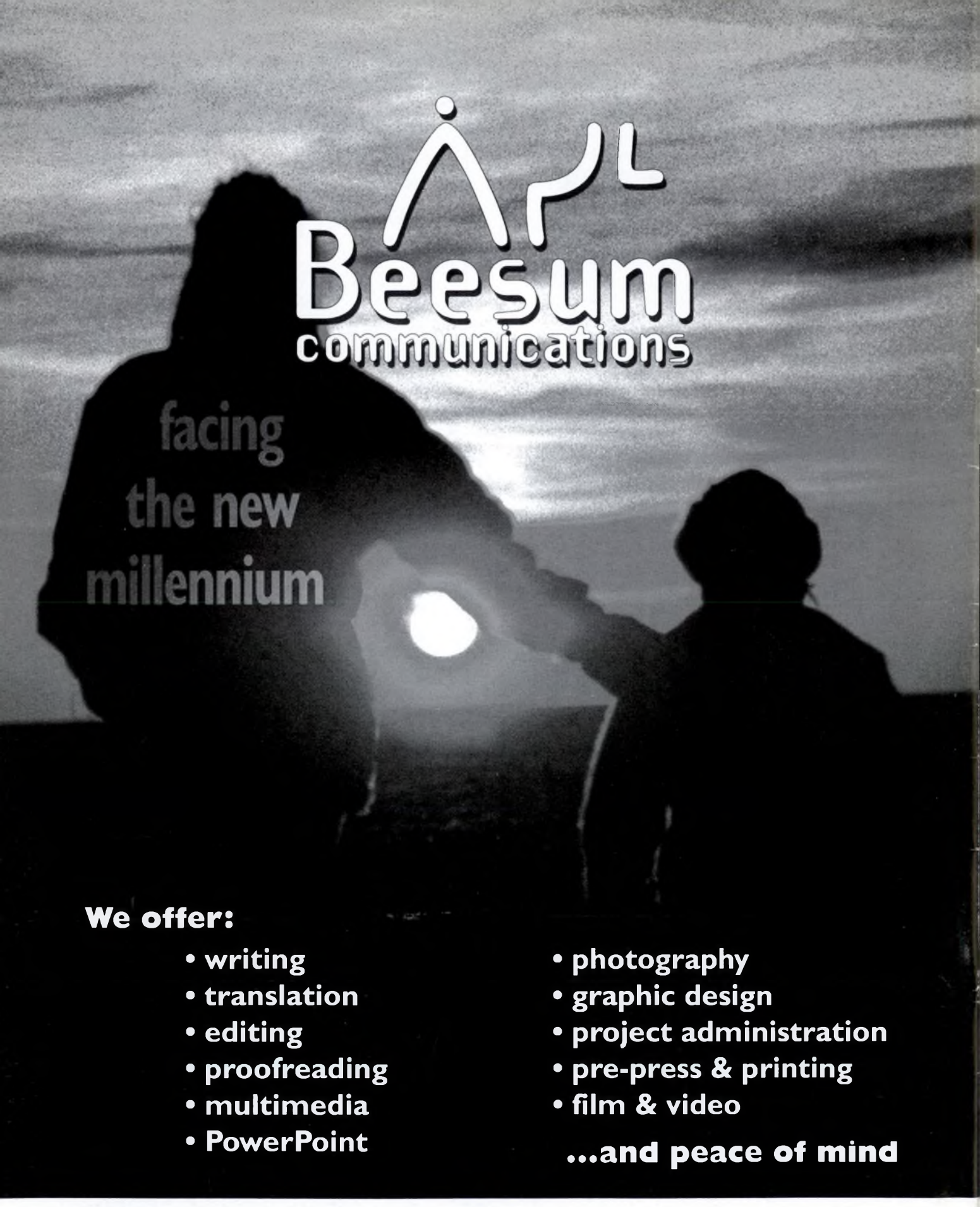

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